

## Three-Bean Salad

### Ingredients:

- 1 can white beans (butter, northern)
- 2 cans kidney beans
- 1 can garbanzo beans
- 2 celery stalks, chopped fine
- 1/2 cup chopped red onion
- 1 cup chopped kale
- 1 Tbsp parsley
- 1 Tbsp fresh chopped rosemary
- 1/3 cup apple cider vinegar
- 1/3 cup sugar
- 1/4 cup olive oil
- Salt and pepper to taste

### Directions:

1. Mix beans, celery, onions, kale, rosemary and spices.
2. In a separate bowl whisk vinegar, sugar, oil.
3. Toss all ingredients together and refrigerate for several hours.

**Recipe Source:** This recipe is a combo/alteration of old and new bean salad recipes.

**Shared by:** Melanie Wier

**Registered Dietician Notes:**